



Photos by Senior Airman Brian Merrifield, 8th FWIPA

Pumpin’ iron

Above: Joel Trevino, U.S. Army 1/43rd Air Defense Artillery (Patriot) Echo Battery, works out his legs on a leg press machine at the 8th Services Squadron Sports and Fitness Center. Right: David Simpson, 8th Operations Support Squadron, works out his upper body by doing curls with a barbell. The sports and fitness center offers a variety of free weights and Nautilus equipment. The sports and fitness center is open Monday-Thursday, 4:30 a.m. - midnight; Friday, 4:30 a.m. - 11 p.m.; and Saturday, Sunday and Holidays, 8 a.m. - 9 p.m.



Fit to fight
How to start an aerobic exercise program

By Capt. Lance Thompson and Christy McCormick
Health and Wellness Center

The word aerobic literally means “with oxygen.” Aerobic exercise trains the cardiovascular system to process and deliver oxygen quickly and more efficiently throughout the body. As the heart and lungs become more efficient, they can carry more oxygen-rich blood with each beat. This results in the ability to work at a higher intensity, for a longer time, and recover more quickly from exertion.

Aerobic activity must be a sustained activity using the large muscle groups of the body. Examples include jogging, walking, swimming, rowing, biking or using a stair-stepper. Activities that do not continuously sustain an elevated heart rate don’t qualify as true aerobic exercise. Sports such as softball, racquetball and basketball are great activities but don’t provide the same benefit to the heart and lungs as true aerobic exercise. These activities should be enjoyed in addition to your regular aerobic routine.

Before starting any exercise plan there are a few things you should consider. The first is safety. If you have chronic medical conditions or have not exercised in a very long time, you should get clearance from your medical provider. Once you are ready to begin, an easy way to build your exercise routine is to use the “FIT” principle: Frequency, Intensity and Time.

Frequency: The American College of Sports Medicine recommends three to five sessions of aerobic exercise per week. Three sessions will normally work well for the person just starting out or those who are trying to maintain their current level of fitness. If you are exercising for weight loss or working to boost your fitness level, five times per week may be the level you need.

Intensity: Most experts agree that you should sustain a heart rate of 60-90 percent of age-specific maximum during aerobic exercise. The most beneficial range is a little narrower at 70-80 percent. Your age-specific maximum heart rate is 220 beats per minute minus your age. See the table below for an example of calculating your target heart rate.

Time: The optimal duration of aerobic exercise is 20 to 60 minutes per session, not including warm-up or cool-down.

Training less than 20 minutes will not give optimal benefit to your heart and lungs. Conversely, there is little additional gain beyond 60 minutes unless you are training for a specific event such as a marathon or other endurance event. A final consideration in designing your workout program is the warm-up and cool-down periods.

A warm-up helps the body get ready for exercise and reduces your chances of injury. It slowly raises the heart rate, increases blood flow to the muscles, and elevates the temperature of the muscles so they are ready for strenuous exercise. The warm-up can be as easy as a slower

version of the actual exercise. For example, you can perform a fast walk before starting to jog.

The cool-down is the same concept in reverse. It helps bring the heart rate down slowly towards the resting rate and helps keep the blood from pooling in the muscles. Stopping abruptly can leave you feeling light headed and place extra strain on the heart.

This may also increase the lactic acid left in your muscles, which is a contributor to muscle soreness. The cool-down period can also include stretching to help relax tired muscles and improve flexibility.

The Health and Wellness Center can help you tailor an exercise program to your specific goals. For more information, call 782-4305.

Calculating target heart rate

**Target = [220 - (your age)] times 70-80 percent*

**Example for a 20-year-old:
220-20 = 200
200 x .7 = 140
200 x .8 = 160*

**Target zone is 140-160 beats per minute*

Kunsan
softball schedule

American League

Monday
6 p.m.
SVS vs. COMM (A)
7 p.m.
CES (A) vs. TRANS (A)
8 p.m.
CPTF vs. SUPS (A)
9 p.m.
AMMO vs. 80th FS
Wednesday
6 p.m.
MSS vs. CPTF
7 p.m.
AMMO vs. CES (A)
8 p.m.
SFS vs. TRANS (A)

National League

Tuesday
6 p.m.
MDG vs. TRANS (B)
7 p.m.
SVS vs. MXS (D)
8 p.m.
OSS vs. SUPS (B)
9 p.m.
QA vs. SFS (K-9)
Thursday
6 p.m.
AGE vs. CES (B)
7 p.m.
COMM (B) vs. TRANS (B)
8 p.m.
SVS vs. F-ARMY
9 p.m.
MDG vs. SUPS (B)

Softball Standings

Current as of Today

American League

AMMO	6-1
TRANS (A)	5-1
CES (A)	6-2
SFS	6-2
80th FS	5-2
COMM (A)	2-5
SUPS (A)	2-3
35th FS	1-5
MSS	0-5
CPTF	0-6

National League

CES (B)	6-1
MXS (D)	6-2
AGE	6-2
QA	5-2
F-ARMY	5-2
MDG	3-4
OSS	3-4
SFS (K-9)	4-4
SVS	2-4
TRANS (B)	1-5
Comm (B)	1-6
SUPS (B)	0-7